

June				
Mon	Tues	Wed	Thursday	Friday
27 Memorial Day	28 S&C DAY	29 S&C DAY	30 S&C DAY	31
3 S&C DAY	4 S&C DAY	5 S&C DAY	6 S&C DAY	7
10 S&C DAY	11 S&C DAY	12 S&C DAY	13 S&C DAY	14
17 S&C DAY	18 S&C DAY	19 S&C DAY	20 S&C DAY	21
24 S&C DAY	25 S&C DAY	26 S&C DAY	27 S&C DAY	28
July				
Mon	Tues	Wed	Thursday	Friday
1 S&C DAY	2 S&C DAY	3 Off	4 July 4th	5
8 S&C DAY	9 S&C DAY	10 S&C DAY	11 S&C DAY	12
15 S&C DAY	16 S&C DAY	17 S&C DAY	18 S&C DAY	19
22 S&C DAY	23 S&C DAY	24 S&C DAY	25 S&C DAY	26
29 Performance Testing	30 Performance Testing	31 Performance Testing	1 Performance Testing	2

# Platteview 2019 Summer Strength and Conditioning Schedule

**Daily Session Times:**  
 HS Boys' Session #1 - 7:00AM  
 HS Boys' Session #2 - 8:00AM  
 HS Girls' Session 9:00AM  
 Junior High Session 10:00AM

